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The mother's experience of pain management during labour

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Objective: The objective of this study explores and describes the experiences of first-time mothers regarding pain management during the first stage of labour.

Methods: A qualitative approach involving phenomenology was used. Midwives were also interviewed to determine their assessment and management strategies in this regard in order to get a broader perspective of the focus of inquiry.

Findings: The data collected from mothers revealed three themes and they are; the care rendered needs /wishes and beliefs/ feelings of the mothers regarding the care given. These themes were further subdivided into small headings/categories as specified in the data and elaborated on. Eight categories of care strategies emerged from the data gathered from midwives. Information from both the mothers and midwives were then extensively discussed and compared to the existing literature.

Conclusions and Recommendations: Conclusions were drawn and recommendations formulated to assist midwives and other health care professionals to improve their caring modalities, in the management of patients with pain during the first stage of labour.

Biography

Tsweleng M L is a Lecturer in the Department of Advanced Nursing Science and a registered PhD student at the University of Venda, Thohoyandou, South Africa. She completed her doctoral research methodology in 2011 from University of Johannesburg. She presented papers nationally and internationally.

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